

EXMOUTH



# Urban District Council.



ANNUAL REPORT

— OF THE —

MEDICAL OFFICER


OF HEALTH

FOR THE YEAR 1913.



EXMOUTH :

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# REPORT.

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January, 1914.

To the Chairman and Members of the Exmouth Urban District Council.

GENTLEMEN,

The year 1913 has been one of steady sanitary progress, and the fact that very few houses are to let in the town leads one to conclude that the efforts of the Council to maintain the town in an efficient sanitary condition are appreciated.

The water supply has been improved by the completion of the new leading mains on the distribution system, a much better and constant pressure being now maintained.

A still further improvement will be the scraping of some  $1\frac{3}{4}$  miles of distribution mains. This has been advised by the Surveyor and Water Engineer, and will, I understand, be completed by the end of April of this year.

The death rate is the lowest for 5 years, and is considerably lower than the death rate for England and Wales.

The infant mortality rate is nearly half that for the whole of England and Wales.

## DESCRIPTION OF SAMPLE.

No. 2 BED. HIGH LEVEL WORKS.

### PHYSICAL CHARACTERS.

Colour .....	Yellow Tint.
Turbidity .....	Clear.
Taste .....	Natural.
Odour .....	None.
Suspended matters.....	None.

## BACTERIOLOGICAL OBSERVATIONS.

Number of bacteria per cubic centimetre .....	120
Number of liquefying bacteria per cubic centimetre....	5

## ANALYSIS

(stated as parts per hundred thousand).

Total solid constituents .....	8.6
Behaviour of solid constituents on ignition	Moderate traces of organic matter charred.
Loss of solid constituents on ignition.....	1.6
Chlorine present as Chlorides.....	2.9
Nitrogen present as Nitrites.....	0
Nitrogen present as Nitrates .....	0.315
Phosphates .....	0
Total hardness (in terms equivalent to Calcium Carbonate) .....	1.8
Temporary hardness (diminished by boiling)	0.9
Permanent hardness (after boiling) .....	0.9
Saline Ammonia .....	0
Albuminoid Ammonia .....	0.0036
Oxygen absorbed in fours hours at 80° F.	0.175
Oxygen absorbed immediately .....	
Lead .....	0
Copper .....	0
Zinc .....	0
Iron .....	0

## DESCRIPTION OF SAMPLE.

No. 3 BED. LOW LEVEL WORKS.

## PHYSICAL CHARACTERS.

Colour .....	Yellow Tint.
Turbidity .....	Clear.
Taste .....	Natural.
Odour .....	None.
Suspended matters .....	None.

## BACTERIOLOGICAL OBSERVATIONS.

Number of Bacteria per cubic centimetre .....	120
Number of Liquefying Bacteria per cubic centimetre..	8

## ANALYSIS

(stated as parts per hundred thousand).

Total solid constituents .....	10.4
Behaviour of solid constituents on ignition	Moderate traces of organic matter charred.
Loss of solid constituents on ignition.....	1.2
Chlorine present as Chlorides.....	3.0
Nitrogen present as Nitrites .....	0
Nitrogen present as Nitrates .....	0.315
Phosphates .....	0
Total hardness (in terms equivalent to Calcium Carbonate) .....	2.0
Temporary hardness (diminished by boiling)	0.9
Permanent hardness (after boiling).....	1.1
Saline Ammonia ....	0
Albuminoid Ammonia .....	0.0038
Oxygen absorbed in four hours at 80° F. ...	0.163
Oxygen absorbed immediately .....	
Lead .....	0
Copper .....	0
Zinc .....	0
Iron .....	0

## SEWERAGE.

Defective existing sewers have been relaid in all cases in concrete, and the system extended when required to link up new property.

Instructions have been given the Surveyor to prepare plans for connecting up Littleham Village with the main sewerage system. This will entail laying about a mile of main sewer; but it is a very necessary work.

The new flushing system works well, and though the summer was exceptionallly dry practically no complaints of smells were received. The expenditure on flushing tanks has proved exceedingly beneficial.

With the exception of an occurrence in October, when  $\frac{1}{2}$  an inch of rain fell in less than ten minutes, and a cyclonic wind found a very high tide holding up



the surface water outfalls for a short period, there has been no flooding, and the sewerage system as a whole appears to be in a very satisfactory condition.

### HOUSE DRAINAGE.

Twenty-eight houses were entirely, and sixty partially re-drained. Ninety-eight w.c.'s were reconstructed or improved; the water closet system is universal throughout the district. In connection with the re-drainage of houses the smoke test was applied 136 times, and the water test 15 times.

### REFUSE DESTRUCTOR.

The Destructor continues to be highly efficient. The surplus steam drives the adjoining brickworks machinery, and a short time ago was sufficient to keep going the 60 h.p. engine for a whole working week.

Though this is not the primary object of a destructor, yet it is satisfactory to note that the proper and only satisfactory way of dealing with house refuse can be attended with means of revenue.

The Halsdon Building Estate of villas, forming detached villas which adjoin the destructor and brickworks land, continues to develop, and perhaps this can be regarded as the best compliment to the efficiency of the plant.

### NEW BUILDINGS.

Twenty-nine plans were submitted to the Council during the year, and forty new houses were completed.

### POLLUTION OF THE EXE.

No reply has yet been received from the County Council with regard to the steps they have taken to induce the Local Government Board to issue an order declaring the tidal waters of the Exe a stream within the meaning of the Rivers Pollution Acts, 1876 and 1893.

The pollution of the River still continues and will increase as time goes on.

## HOUSING OF THE WORKING CLASSES.

Houses of a rental of 4s. to 5s. a week continue to be built in the district, and readily find tenants.

In December I attended the Housing and Town Planning Conference at Exeter, with the Chairman and the Surveyor. While there, I made enquiries as to the possibility of building houses below the rental of 4s. a week, and was informed that it was impossible to go much below this figure without a subsidy of some sort. This would in Exmouth have to come, in all probability, from the rates.

However, I do not consider that the building of these very cheap houses is at the present time a vital necessity in the district.

## WORKSHOPS.

There are 138 registered workshops in the district, and these have been inspected during the year. No complaint can be made as to their sanitary condition. Two lists of outworkers were received, the number employed being 24.

**Bakehouses.**—There are 23 bakehouses, all of which have been inspected during the year. The majority of them are in very good sanitary condition, but there are still a certain number of bakers who appear to imagine that a bakehouse is intended to be used as a workshop, a larder, and even as a laundry.

A bakehouse should be used for bread making, and nothing else.

**Dairies and Cowsheds.**—These have all been inspected during the year. The cowsheds are in the main fairly well kept, considering the fact that a number of them are of a quite unsatisfactory pattern. There is one farm where a milk cooler is kept, but the use of it has had to be discontinued, I am told, because customers insist on having milk “warm from the cow.” This is deplorable, but interesting, as showing how, in spite of the

number of amateur hygienists, doctors, nurses, etc., that abounds, the ignorance of the general public stands in the way of sanitary progress.

Milk that is cooled to a temperature of about 50° F. immediately after being procured from the cow, is a very much more satisfactory and safer article of diet than milk that has not been so treated. This is due to the fact that the growth of disease bearing germs is inhibited at this temperature.

I have had distributed to the various dairy farms in the district a leaflet setting forth the best and cleanest method of procuring and handling the milk, so as to ensure, as far as possible, a pure germ free milk supply from the farms. Most of the cowsheds are well ventilated, but some of them would be the better for a little more sunlight in them.

The dairies and milk-shops are generally clean and well kept, and I was glad to see that in two of the shops the milk was kept covered. Where the milk is not covered, dust and flies are bound to get into it, no matter how clean the dairy is kept, and flies are one of the chief carriers of disease germs and their poisons.

All vessels containing milk should have a muslin covering, which, if it is thoroughly washed every day, will not cause souring of the milk, as is so often feared.

Incidentally, milk in private houses should always be kept covered in the same way and stored in a dark cool place.

**Slaughter Houses.**—In September the Surveyor and I advised the Council to build a public abattoir for the district. The Council, however, decided to defer the matter until such time as legislation is introduced to compel all butchers to use one if erected. Such legislation is urgently needed, and in the absence of it I cannot but agree that there would be a certain amount of doubt as to the immediate success of the scheme.



However, my own feeling is that if all meat slaughtered in the public abattoir were stamped with an official stamp, the majority of the public would buy it in preference to meat slaughtered elsewhere.

I am sorry that some people maintain that a public slaughter-house is entirely unnecessary. It is especially a pity that such remarks should be made in public, since it shows a complete ignorance of the matter, and is liable to mislead those who have not the opportunity of studying the subject for themselves.

It is an actual fact that at the present time, and under existing conditions, it is utterly impossible to prevent a butcher from slaughtering and offering for sale a diseased animal if he should wish to do so.

I do not imagine that any butcher in Exmouth WOULD do such a thing wittingly, but he might quite possibly do it in ignorance, owing to the difficulties of inspecting cattle which are slaughtered in half a dozen different places, as at present.

Doubtless those people who are content to eat foreign meat which has been slaughtered in places that are of necessity entirely out of our control, would agree in considering a public abattoir unnecessary, but all persons who like to be certain that they are eating wholesome meat, slaughtered under sanitary conditions, will earnestly hope that the Government will shortly see its way to introduce legislation which shall make public slaughter-houses compulsory.

The slaughter-houses at present in the district have been inspected during the year, and are kept in accordance with the bye-laws. In fact, on the whole I think they are in an even better state this year than last.

**Common Lodging Houses.**—There is only one in the district. It is kept in a satisfactory condition.

## INFECTIOUS DISEASE.

Forty-four cases of infectious disease were notified under the Infectious Disease Notification Act. The numbers for the past 10 years are as follows:—

1904	..	..	..	29 cases
1905	..	..	..	48 cases
1906	..	..	..	179 cases
1907	..	..	..	53 cases
1908	..	..	..	85 cases
1909	..	..	..	34 cases
1910	..	..	..	20 cases
1911	..	..	..	30 cases
1912	(including Tuberculosis)			39 cases
1913	(including Tuberculosis)			44 cases

**Scarlet Fever.**—Twelve cases were notified.

**Diphtheria.**—Six cases were notified.

**Enteric Fever.**—Three cases were notified.

**Erysipelas.**—Nine cases were notified.

## ISOLATION.

Eleven cases of infectious disease were removed to the Sanatorium at Whipton, at a cost of £91 17s., less £31 7s. recovered from patients or their relatives.

It would be a great advantage if Exmouth had a small Isolation Hospital where doubtful cases of Infectious Disease could be sent or those cases where the general condition of the patients is such as to make the journey to Exeter dangerous to them.

## DISINFECTION.

Forty-three houses were disinfected either by the formalin spray or by being washed by a solution of corrosive sublimate. Fifty-one lots of clothing and bedding were treated by the steam disinfecter.

The public elementary schools were cleansed and disinfected four times during the year.

## VITAL STATISTICS.

The statistics are based upon an estimated population of 12,298. The births numbered 182, the birth rate

being 14.72 per 1,000, as compared with 13.40 in 1912.

The deaths numbered 138, equal to an average annual death rate of 11.22 per 1,000, as compared with 11.94 in 1912. There was one death from zymotic disease during the year.

**Phthisis.**—There were eight deaths from phthisis, giving a phthisis death rate of .65 per 1,000.

**Cancer.**—There were 18 deaths, giving a cancer mortality of 1.46.

### INFANT MORTALITY.

The deaths of infants under one year old were 10 in number, giving an infant mortality of 54.94.

### HOUSING AND TOWN PLANNING ACT, 1909.

Tabulated return as per Clause 5 of the regulations of the Local Government Board as to the inspection of dwelling-houses.

1.—Number of dwelling-houses inspected under and for the purpose of Section 17 ..	82
2.—Number of dwelling houses which on inspection were found to be in such a state as to be so dangerous or injurious to health as to be unfit for human habitation ..	nil
3.—Number of representations made to the local authority with the view of making closing orders .. .. .	nil
4.—Number of closing orders made (one house was voluntarily closed) .. .. .	nil
5.—Number of dwelling-houses, the defects in which were remedied without the making of closing orders .. .. .	71
6.—Number of dwelling-houses which, on inspection, were found to be in good sanitary condition .. .. .	7
7.—Number of dwelling-houses which, after the making of closing orders, were put into a state fit for human habitation .. .. .	nil

The general character of the defects found : Defective w.c.'s, ashpits, scullery floors and yard paving, and insufficient means of ventilation.

I have to thank the Members of the Council for the invariable kindness and courtesy which they extend to me at all times, and the Surveyor and Sanitary Inspector for their assistance in the preparation of this report, and on other occasions.

I am, Gentlemen,

Yours faithfully,

E. L. STURDEE,

Medical Officer of Health



# METEOROLOGICAL REPORT FOR 1913.

	January	Feb.	March.	April.	May.	June.	July.	August.	Sept.	Oct.	Nov.	Dec.
Rainfall in Inches ...	5.25	1.06	3.37	3.86	3.05	.21	.60	.80	1.99	4.20	3.04	1.96
Sunshine in Hours ...	43.70	79.30	124.55	106.55	148.69	241.45	193.05	174.00	105.05	120.75	71.15	61.55
Mean Barometer (corrected)...	29.722	30.167	29.896			30.135	30.089	30.088	29.987	29.856	29.970	30.179
Mean Maximum Temperature	49.39	48.03	51.48	Instruments went away for examination.		64.38	67.09	69.41	64.88	60.95	55.78	48.83
Mean Minimum Temperature	38.84	38.32	39.32			51.02	54.50	54.84	53.81	48.52	44.10	39.61
Extreme Maximum Temperature	56.0	55.0	57.0			76.0	76.0	77.0	70.10	66.30	59.0	57.0
Extreme Minimum Temperature	27.0	31.0	30.0			43.0	49.80	47.0	46.80	34.70	30.0	27.0
No. of Wet Days (.01 or more)	24	9	19	18	17	8	7	8	11	19	18	11
No. of Bright Days	19	21	24	25	31	29	31	28	26	27	25	24

Total Rainfall—29.39 inches.

Total Sunshine—1469.79 hours.

Highest Temperature—76.00 degrees.

Lowest Temperature—27.00 degrees.

Mean Barometer—30.009

Total Number of Wet Days (.01 or more)—169.

Total Number of Bright Days—310.

} April and May not included.

Table I.

Vital Statistics of Whole District during 1913 and previous Years.

Name of District—EXMOUTH URBAN

Year.	Population estimated to Middle of each Year.	Births.			Total deaths registered in the District.		Transferable deaths		Total Deaths Registered in the District.			
		Un-corrected Number.	Number.	Rate.	Number.	Rate.	of Non-residents registered in the district	of Residents not registered in the district.	Under 1 Year of Age.		At all Ages.	
									Number.	Rate.	Number.	Rate.
1	2	3	4	5	6	7	8	9	10	11	12	13
1908	11518		194	16.79	123	10.65			15	77.32	121	10.49
1909	11685		189	16.17	110	11.98			11	58.20	132	11.29
1910	11950		167	13.97	148	12.38			12	71.85	147	12.30
1911	11963	192	195	16.30	127	10.62	2	9	1	30.78	131	11.27
1912	12160		163	13.40	144	11.84	11	12	13	79.59	115	11.94
1913	12298		182	14.72	128	10.41	2	12	10	54.94	138	11.22

Area of District in acres (exclusive of area covered by water)— 4000.

Total population at all ages—11963.

Number of inhabited houses—2975.

Average number of persons per house—4.02.

At Census of 1911.

Table II.  
Cases of Infectious Disease notified during the year 1913.

Name of District—EXMOUTH URRAN

NOTIFIABLE DISEASE.	CASES NOTIFIED IN WHOLE DISTRICT.										Total cases notified in each Locality.		Total cases removed to Hospital
	AT ALL AGES.	At Ages—Years.							Little- ham.	Withy- combe.			
		Under 1	1 to 5	5 to 15	15 to 25	25 to 45	45 to 65	65 and upwards					
Small-pox ..													
Cholera ...													
Diphtheria (including Membranous croup)	6	1	4	1	2	4	3		3	3			
Erysipelas ...	9									5			4
Scarlet fever	12	1	5	3	3					8			4
Typhus fever													
Enteric fever	3		2		1					3			
Relapsing fever													
Continued fever													
Puerperal fever													
Cerebro-spinal													
Meningitis													
Poliomyelitis													
Pulmonary Tubercu- culosis ...	13			4	6	3				7		6	
Other Forms of Tuberculosis	1		1							1			
Totals ...	44	2	12	8	12	7	3			27		17	

Isolation Hospital—WHIPTON NEAR EXETER. DISTANCE 11 MILES.  
Total available beds 80.      Number of diseases that can be concurrently treated, 4



Table III.

## Causes of, and Ages at Death during the Year 1913.

## URBAN DISTRICT OF EXMOUTH.

Causes of Death.		Deaths at the subjoined ages of " Residents " whether occurring in or beyond the District.									Total Deaths whether Resident or not Resident in Public Institutions the District 11
		ALL AGES	Under 1 year	1 and under 2	2 and under 5	5 and under 15	15 and under 25	25 and under 45	45 and under 65	65 and upwards	
1		2	3	4	5	6	7	8	9	10	11
ALL CAUSES	{ Certified Uncertified	137 1	9 1		3	1	6	17	31	70	6
Enteric fever ...	...										
Small-pox ...	...										
Measles ...	...										
Scarlet fever ...	...										
Whooping-cough ...	...										
Diphtheria and croup ...	...	1				1					
Influenza ...	...										
Erysipelas ...	...										
Meningitis ...	...										
Diabetes ...	...										
Organic Heart Diseases ...	...	23					1	2	5	15	
Phthisis (Pulmonary Tuberculosis) ...	...	8					3	5			
Tuberculous Meningitis ...	...	1						1			1
Other tuberculous diseases		2	1					1			
Rheumatic fever ...	...										
Cancer, malignant disease ...	...	18						2	8	8	2
Bronchitis ...	...	12						1	3	8	
Broncho-Pneumonia ...	...										
Pneumonia (all forms) ...	...	10	1		3					6	
Other diseases of Respiratory organs ...	...	2							1	1	1
Diarrhoea and Enteritis ...	...	1	1								
Appendicitis and Typhlitis		1					1				1
Alcoholism ...	...										
Cirrhosis of liver ...	...	1								1	
Nephritis & Bright's disease		7							3	4	
Puerperal fever ...	...										
Other accidents and diseases of Pregnancy and Parturition ...	...	3	1					2			
Congenital Debility and Mal-formation, including premature births ...	...	6	6								
Violent deaths, excluding suicide ...	...	1								1	
Suicides ...	...										
Accidents ...	...										
Cerebral Haemorrhage ...	...	11							3	8	
Other defined diseases ...	...	27					1	3	8	15	1
Diseases ill-defined or unknown ...	...									3	
All causes ...	...	138	10		3	1	6	17	21	70	6



Table IV.

URBAN DISTRICT OF EXMOUTH.

INFANTILE MORTALITY DURING THE YEAR 1913.

Deaths from stated Causes in Weeks and Months under One Year of Age.

CAUSE OF DEATH.			Under 1 Week	1-2 Weeks.	2-3 Weeks.	3-4 Weeks.	Total under 1 Month.	1-3 Months.	3-6 Months.	6-9 Months.	9-12 Months.	Total Deaths under One Year.
ALL CAUSES.	{ Certified	{ Uncertified	3	1				2	2 1	1		9 1
Small-pox ... ..												
Chicken-pox ... ..												
Measles ... ..												
Scarlet fever ... ..												
Diphtheria and Croup ... ..												
Whooping Cough ... ..												
Diarrhoea ... ..									1			
Enteritis ... ..												
Tuberculous Meningitis ... ..												
Abdominal Tuberculosis ... ..												
Other Tuberculous Diseases...										1		
Congenital Malformations ... ..												
Premature birth ... ..			1					1				
Atrophy, Debility and Marasmus												
Atelectasis ... ..			1									
Injury at birth .. ..			1									
Erysipelas ... ..												
Syphilis ... ..												
Rickets ... ..												
Meningitis ( <i>not Tuberculous</i> )...												
Convulsions ... ..									1			
Gastritis ... ..												
Laryngitis ... ..												
Bronchitis ... ..												
Pneumonia (all forms) ... ..								1	1			
Suffocation, overlying ... ..												
Other Causes ... ..				1								
			3	1				2	3	1		10

Births in the year { legitimate } 179  
 { illegitimate } 3

Population, estimated to middle of  
 1912, 12,160.

Deaths in the year { legitimate infants } 10  
 { illegitimate ,, } 10

# Factory and Workshop Act.

## 1.—Inspection of Factories, Workshops and Workplaces.

Workshops (including Workshop Laundries) ... 167 Inspections

## 2.—Defects found in Factories, Workshops and Workplaces.

Number of Defects ... .. nil.

## 3.—Home Work.

<i>Nature of Work.</i>	<i>Lists received from Employers sending twice in the year.</i>
Making Wearing Apparel	2 Lists 24 Workmen Outworkers.
Total	2 24

## 4.—Registered Workshops.

<i>Workshops on the Register at the end of the year.</i>	<i>Number</i>
Workshops (general)	115.
Bakehouses	23
Total number of workshops on Register	... .. 138.

## 5.—Other Matters

Action taken in matters referred by H.M. Inspector as remediable under the Public Health Acts, but not under the Factory and Workshop Act (s. 5).

Notified by H.M. Inspector	... .. nil.
Reports (of action taken) sent to H.M. Inspector	nil.

Underground Bakehouses (s. 101) :—

Certificates granted during the year	... .. nil.
In use at the end of the year	... .. nil.



